



## *Sacred Order of Living Paganism*

Lesson Outline

Shanddaramon

Level Two Class 10: Heart Chakra Meditation

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### **Preparation**

review the meditation procedure  
review the correspondences to the Heart Chakra

### **Questions to consider:**

What is the Heart (4th) Chakra?  
What does it represent?  
How does it relate to your life?

### **Study:**

Heart Chakra Meditation

### **Activity:**

Before meditating, focus on the color green  
Do an Heart Chakra meditation through your regular practice

### **Recommended Reading:**

### **Follow-Up**

Submit your answers to the questions above  
Send a report on the results of your meditation  
Enter all information in your BoS

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## Heart Chakra Meditation

begin your normal meditation procedure

Once inside your inner temple:

fill your space with the color green

do an inner vibration on the sound huh

concentrate on the region of your body in the upper part of your chest

experience the chakra opening further

let its vibrations increase

experience the sensation of the balance of loving-kindness

observe what you learn by connecting to this chakra

how does the energy of this chakra relate to you and your life?

listen and learn to what it teaches you

release the inner sound

close down the chakra so that it vibrates at a healthy normal rate

exit your temple and return